



Usermanual

T4.2 Treadmill



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Customer Support

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reebokfitness.info

Reebok

Reebok

Welcome from Reebok Fitness

Thank you for choosing Reebok. Before you get started, please read these instructions carefully. If you experience any difficulties, our support team will be happy to help – or check out our website at **reebokfitness.info**

Important note:

Consult your doctor before starting any exercise programme. If you feel any sickness, chest pain, dizziness or breathlessness during your training, stop exercising and consult your doctor immediately.

If you have any questions or queries please refer to the troubleshooting guide. If you have any further queries please call or email our customer support team (these details can be found at the foot of this page or on the back of the manual).



Customer Support

0800 440 2459

techsupport@rfeinternational.com

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Model name: Reebok T4.2 Treadmill

Serial number:



These details can be found on the underside of your product.

Parts

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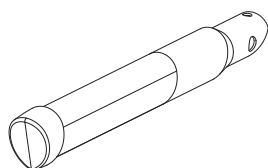
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02

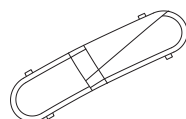
Checking The Parts

Before you begin, please check all parts are present and undamaged. If you are missing any parts, please call our Technical Support team on the number at the top of this page.

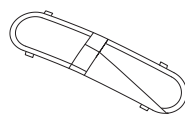
269 x 2



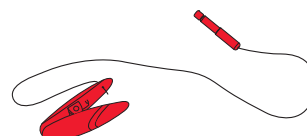
258 x 1



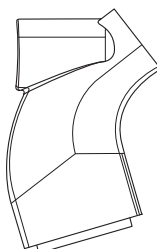
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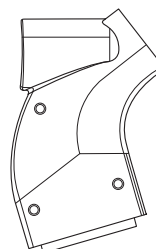
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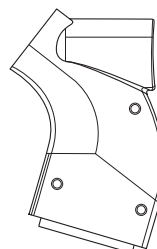
265 x 1



264 x 1



263 x 1



262 x 1



Blister Pack

837 x 4
M10x58x20



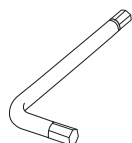
126 x 6
M8x15x15



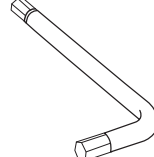
843 x 6
M4x15mm



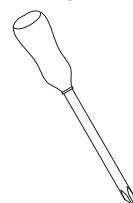
A x 1
5mm



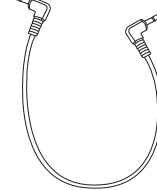
B x 1
6mm



C x 1



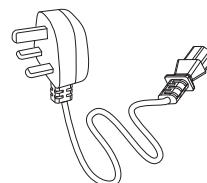
E x 1



Silicone Oil x 1



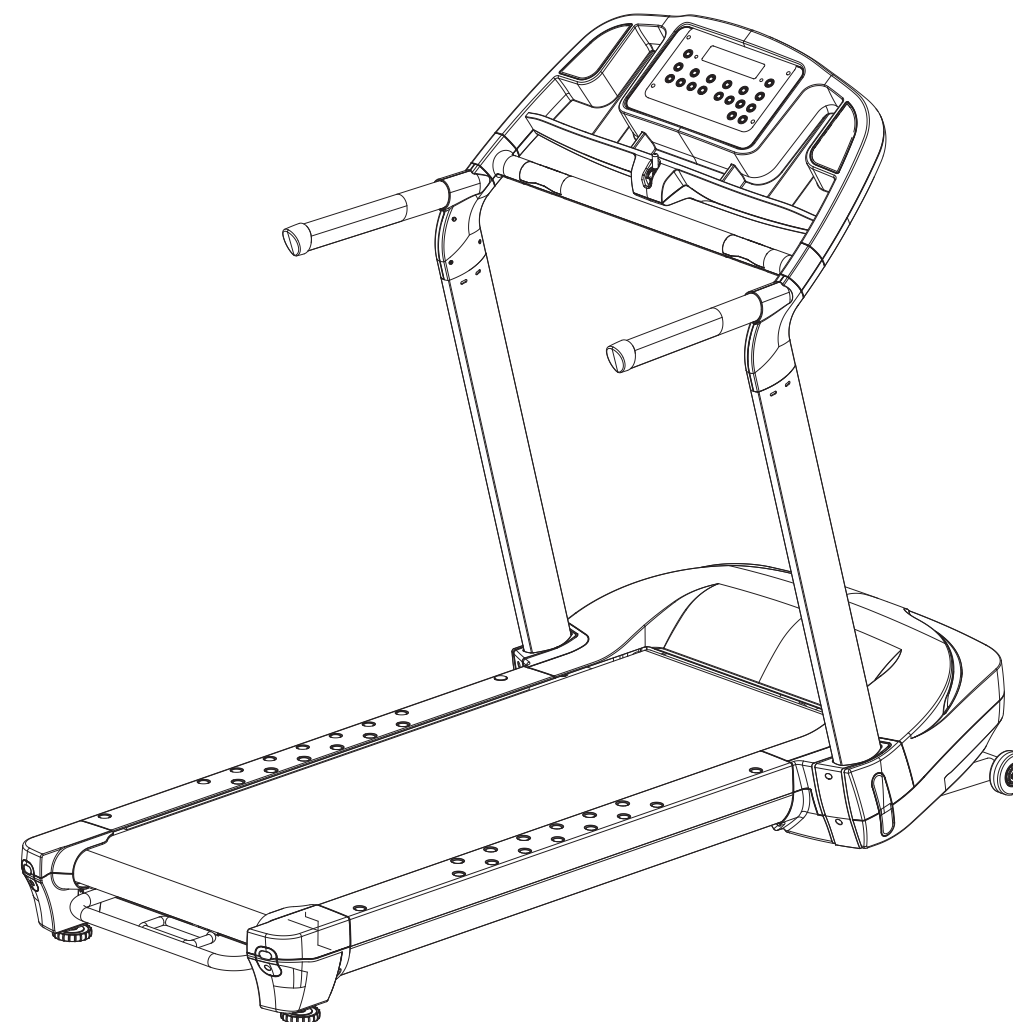
D x 1



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Assembly

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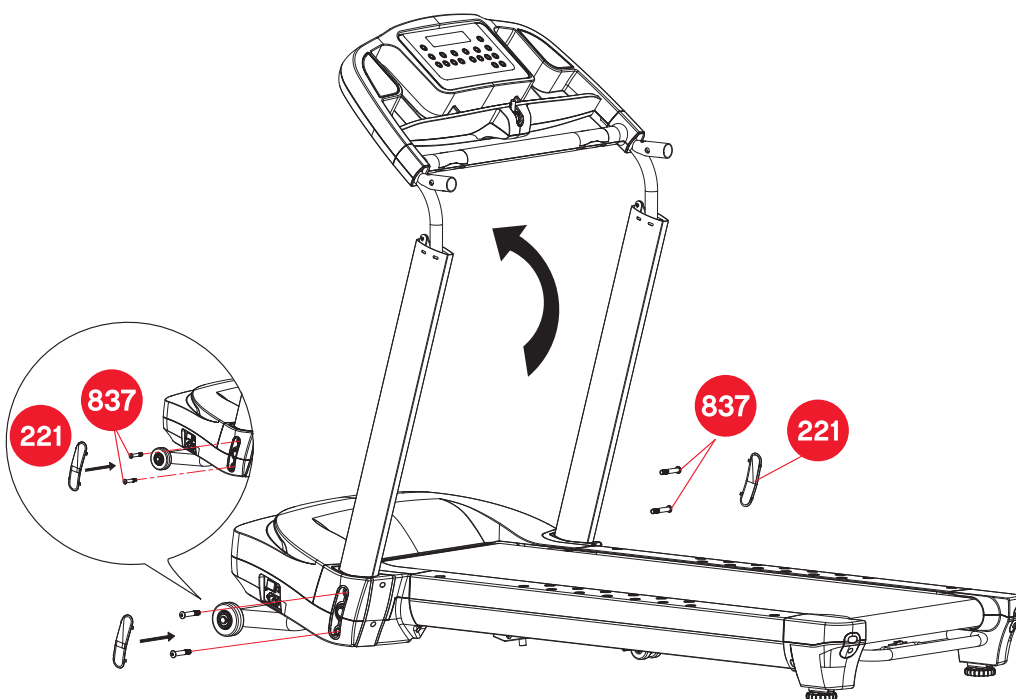
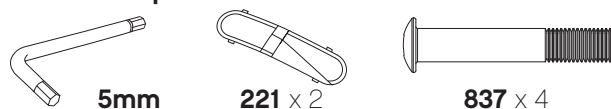
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Uprights

1. Remove the treadmill from the box.
2. Lift the uprights to the unfolded position and secure using 4 x 805 bolts.
3. Cover with 2 x 221 caps.

You will require:



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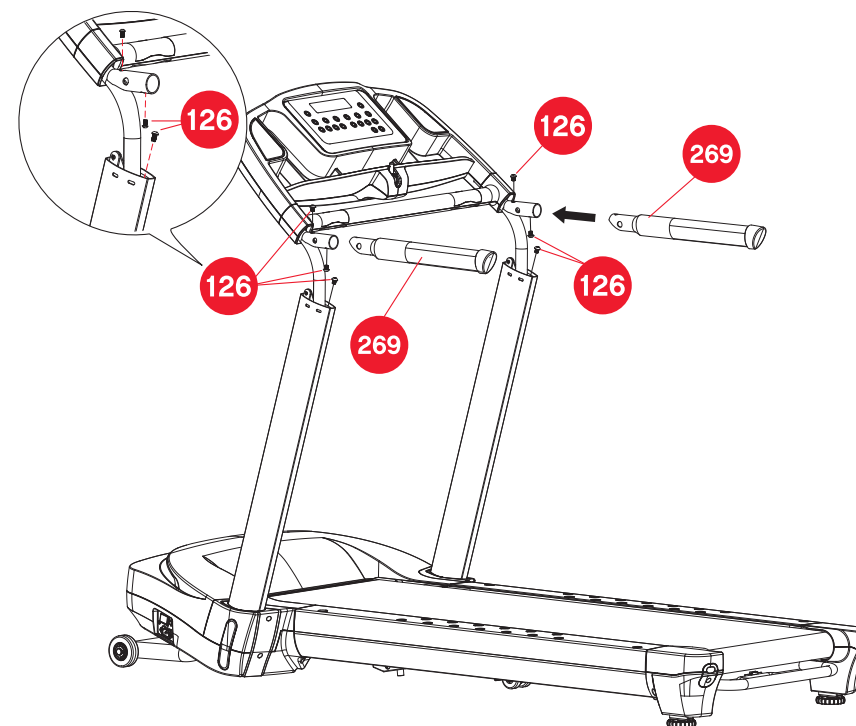
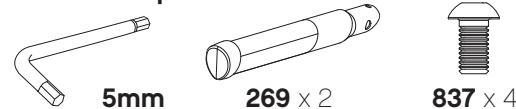
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Handlebars

4. Push one handlebar (269) into the left hand side of the console support frame.
5. Secure the handlebar using 3 x 126 bolts.
6. Repeat for the right hand handlebar (269).

You will require:



Assembly

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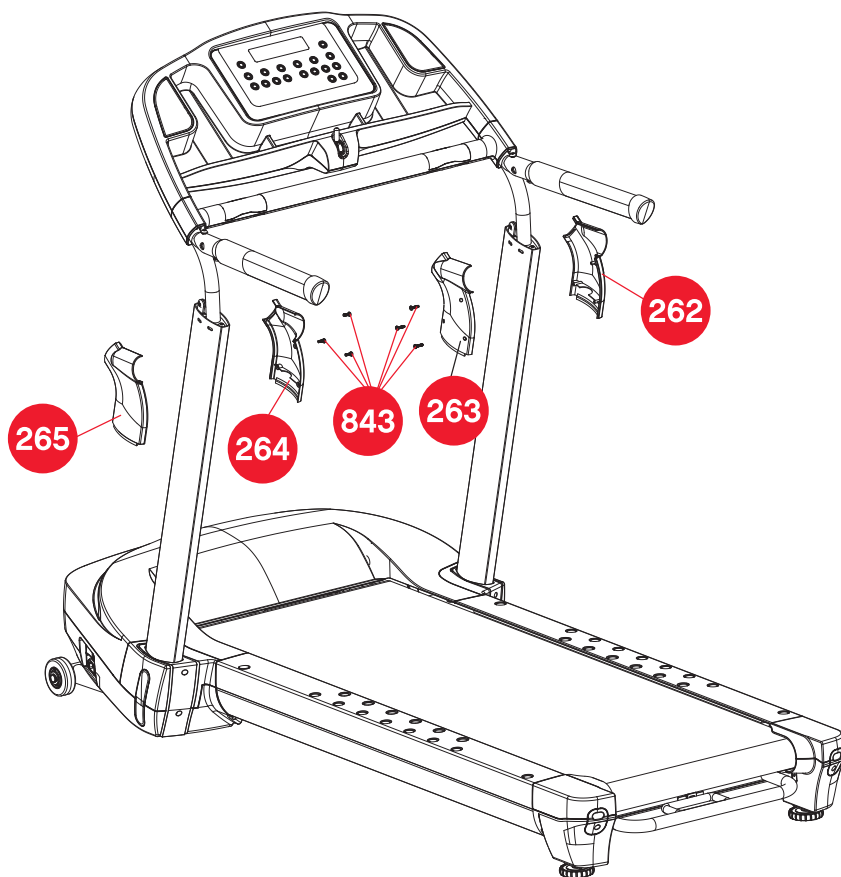
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Handle Bar Covers

7. Clip the handlebar covers over the handlebars and secure using 6 x 843 screws.

You will require:



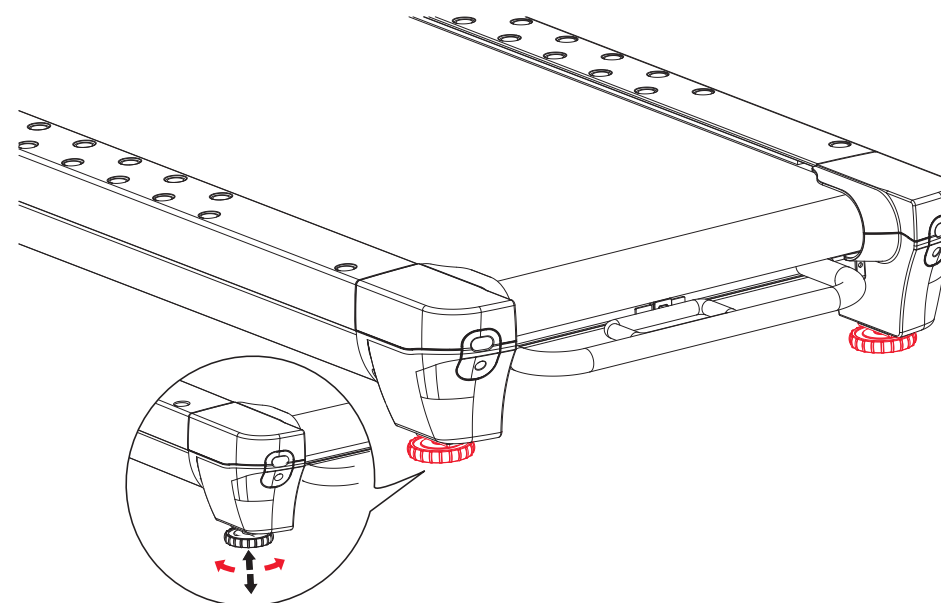
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Adjusting The Feet

8. If your treadmill is slightly unbalanced due to uneven floor surfaces, you can adjust the feet to prevent any wobbling. This is done by screwing the feet in or out until the treadmill sits evenly on the floor.



WARNING!

Before using your treadmill, you must set a user ID. Please refer to the computer section for guidance on how to do this.



Precautions

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These instructions are intended to provide important information for use and maintenance of the equipment as well as for your personal safety. Keep this user manual in a safe place for future reference.

WARNING!

This product is made for home use only and tested up to a maximum body weight of 130 kilograms.

RFE International Ltd. assumes no responsibility for personal injury or property damage sustained by or through the use of this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.

SCOPE

- Maximum user weight of 130kg.
- This product is designed for physical exercise by adults. This product is not suitable for use by persons under 14 years of age.
- Never allow more than one person on the equipment at a time.

ENVIRONMENT

- Ensure that those present are aware of possible hazards e.g. moveable parts during training.
- Ensure that sufficient space is available to use the product.
- Please ensure that liquids or perspiration are wiped off the product.
- This product is designed to be used and stored indoors. Do not store the product outside, or in damp/dusty environments.
- The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.

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USER HEALTH

- Consult your doctor before starting any exercise programme to receive advice on the optimal training.
- Ensure the product is on a flat, level surface with at least 0.5m of clear area surrounding the product.
- Incorrect/excessive training can cause health injuries.
- If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your doctor.

PRODUCT PREPARATION

- Ensure that training only starts after correct assembly, adjustment and inspection of the product.
- Follow the steps of the assembly instructions carefully.
- Only use suitable tools for assembly and ask for assistance if necessary.
- Only use original Reebok parts as delivered (see checklist).

SAFETY CHECKS (Before Every Use)

- Tighten all adjustable parts to prevent sudden movement while training.
- Tighten all nuts and bolts.
- Check that the tension knob is secure.
- Ensure the product is on a flat, level surface.
- Do not use the product without shoes or with loose shoes.
- Be aware of non-fixed or moving parts whilst mounting or dismounting the product.
- Do not wear loose or poorly fitting clothing that may become trapped in the product.

Functions

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Fold

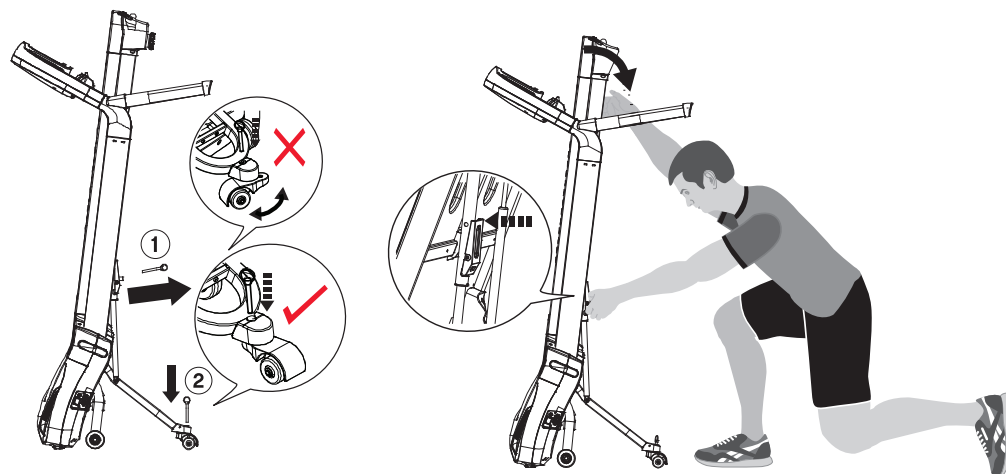
1. Lift the bar at the back of the treadmill (behind the rear roller).
 2. Lift the treadmill deck until you hear a click.
- 💡 The click will confirm the treadmill deck is locked into it's folded position.



Unfold

1. Ensure the castor wheel lock pin is located as per diagram.
 2. Push the lever on the underside of the treadmill to lower the deck.
- 💡 The soft drop mechanism will assist you with lowering the deck.

WARNING! ⚠️ Stand to one side whilst the treadmill is lowered.



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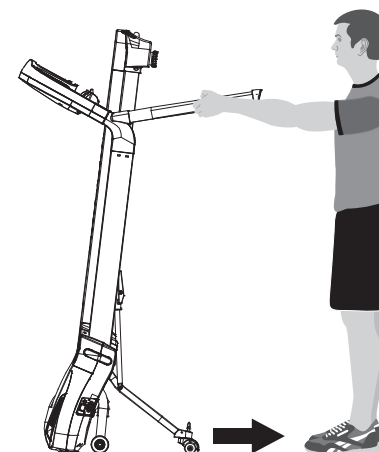
Transport

1. Fold up the treadmill as per the instructions.
2. Remove the lock pin in the castor wheel.
3. Push the lock pin on the underside of the deck in to allow the treadmill to lower a little.

WARNING! ⚠️ Stand clear of the lowering deck.



4. Pull the treadmill to desired location (see below).
5. Re fold the treadmill ensuring both lock pins (underside of deck and castor) are relocated.



Correct Use

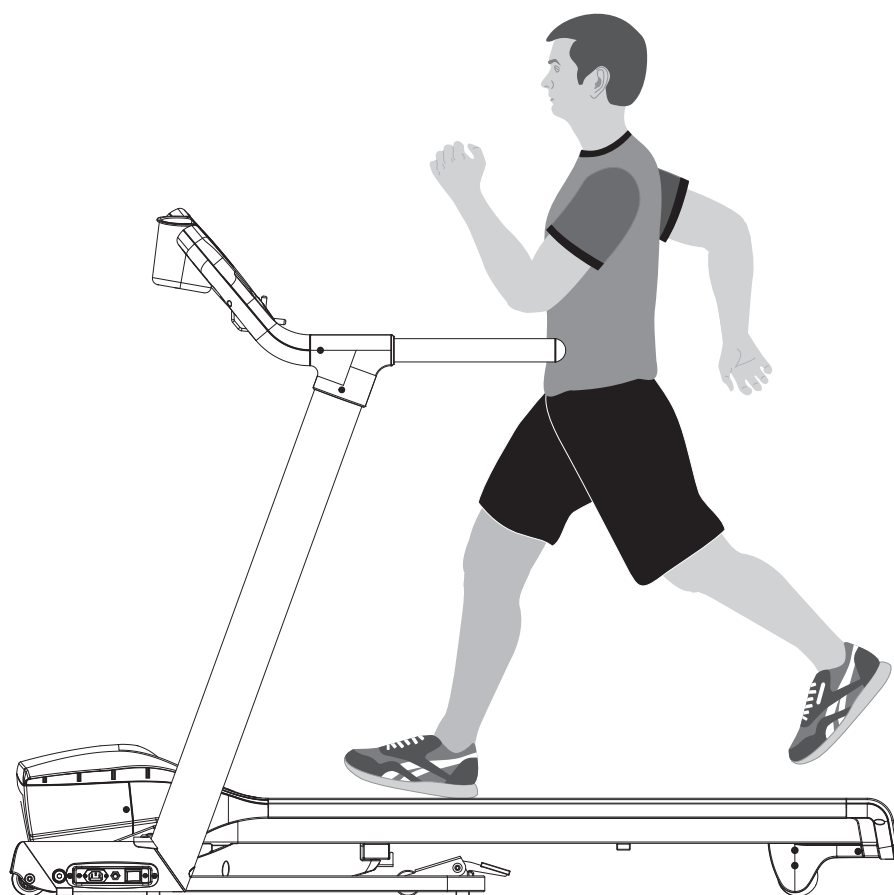
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Correct Use

We recommend you use your treadmill in the following way:



Warm Up

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Warming Up

It is important to warm up before exercising to prepare your body for the workout it is about to do. The first phase of a warm up is to increase your heart rate and get blood pumping around your body faster. Choose an activity which will warm up the same muscles you are going to use during your workout.

1. 5-10 minutes heart raising activity
2. Static stretching
3. Workout

Stretches

Hold each stretch for about 30 seconds. Stretching should not hurt; only stretch your muscles to as far as is comfortable. If you have a tight or previously injured muscle stretch the affected muscle group within the warm up. Do not perform any sudden movements while warming up.

Calf Stretch



Hamstring Stretch



Groin Stretch



Side Stretch



Quad Stretch



Arm Stretch



Cool Down

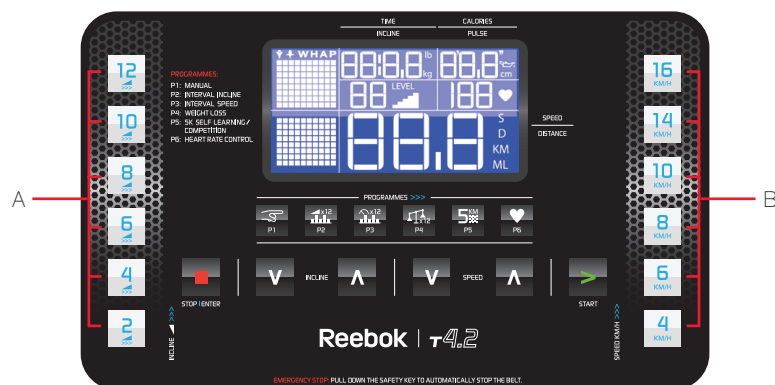
Following your workout you should carry out a cool down. This should gradually bring your heart rate back to a resting level. To do a cool down perform an activity of your choice at a low intensity e.g. a steady 5 minute jog. This should be followed by static stretches, similar to those in the warm up. Again, hold each stretch for 30 seconds.

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Computer Functions:

Stop / Enter Button

Start/Stop Button

Increase/Decrease Incline Buttons

Speed Up/Down Buttons

A – Express Incline Buttons

B – Express Speed Buttons

Sleep Mode

If the treadmill is left idle for 3 minutes without receiving any input, the console will enter Sleep Mode. To exit Sleep Mode, press any button.

To Disable Sleep Mode:

Pull out the safety key, press and hold the SPEED **V** and **Λ** buttons. Re-insert the safety key, press SPEED **V** and **Λ** to switch between "On" or "Off" Sleep Mode. Press **➤** to confirm your choice. You will hear a short beep and the changes to your Sleep Mode settings should be implemented with immediate effect.

Miles/KM

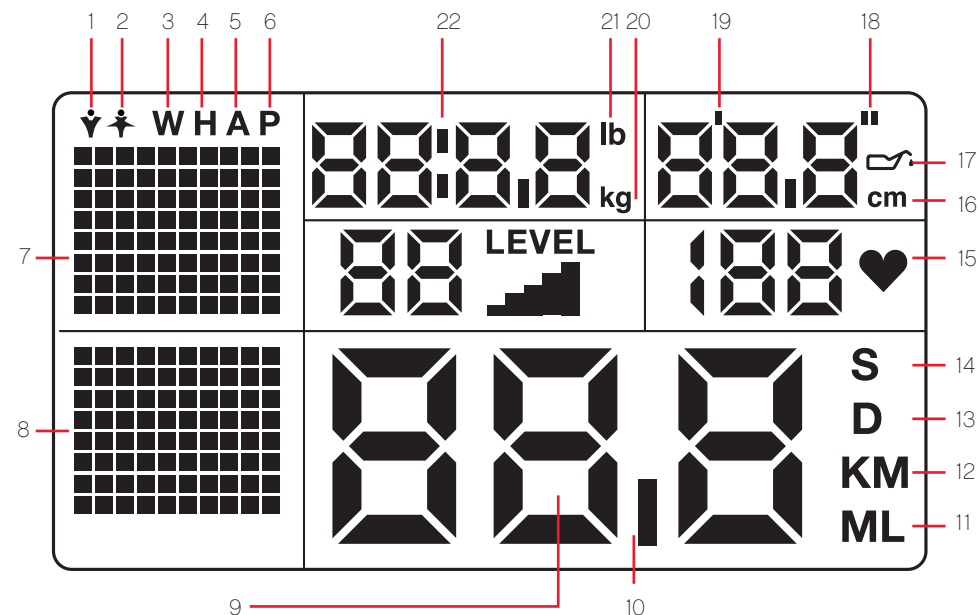
To change between miles and km, turn the power to the machine on. Insert the safety key and flick it upwards. Press and hold the **➤** button. The console will beep once, and KM will flash on the screen. Press speed **➤** to switch between Miles and KM. Press **■** to confirm your choice. One long beep will confirm the changes have been saved.

Computer

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- | | |
|----------------------------|-----------------------------|
| 1. Male Display | 12. Km Display |
| 2. Female Display | 13. Distance Display |
| 3. Weight Display | 14. Speed Display |
| 4. Height Display | 15. Pulse |
| 5. Age Display | 16. Cm Display |
| 6. Pulse Display | 17. Maintenance Display |
| 7. Incline | 18. Inch Display |
| 8. Speed | 19. Calories/Height Display |
| 9. Age/Incline Display | 20. Kg Display |
| 10. Speed/Distance Display | 21. Lb Display |
| 11. Miles Display | 22. Weight/Time Display |

WARNING!

During any programme, you can override the speed by pressing SPEED **V** and **Λ** buttons. You can also override the incline using the INCLINE **V** and **Λ** buttons.

Computer

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To set up User information and assign yourself a User ID:

The first time you turn your treadmill on, the following screen will appear:

1. With **U1** flashing, use the SPEED **V** and **Λ** buttons to choose your ID (between 1 and 9).

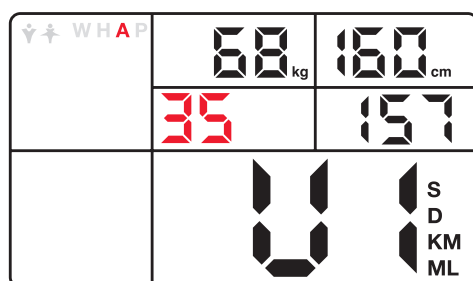
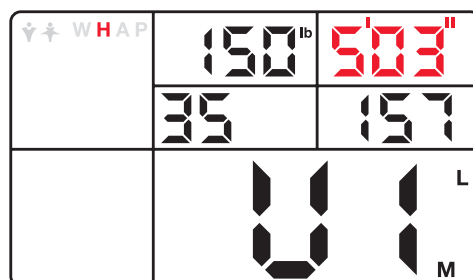
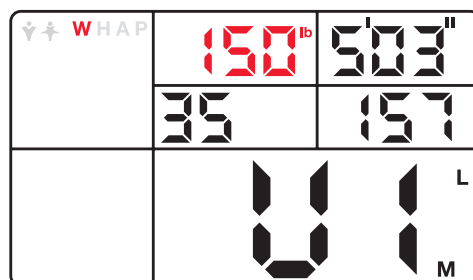
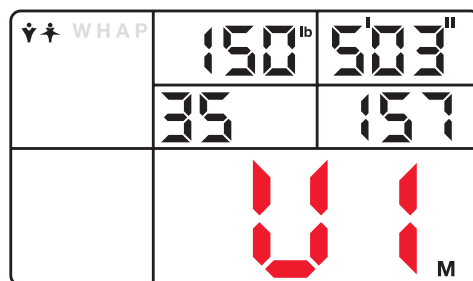
2. Press **■** to select your ID number.

3. Now, the gender icon **♂** will flash. Press SPEED **V** and **Λ** buttons to switch between male and female. Press **■** to select.

4. The weight value needs to be set next, and a **W** in the top of the screen indicates this. The default setting is 150lb/68kg and will be flashing. Press SPEED **V** and **Λ** buttons to adjust this value. Pressing **■** will confirm your choice.

5. Now set the user height (you will see an **H** in the top of the screen). The default for this is 5'03" or 160cm. Again, use the SPEED **V** and **Λ** buttons to adjust this value, and confirm using the **■** button.

6. There will now be an **A** in the top of the screen, indicating user age. The default age is 35, and will be flashing in the centre of the screen. Press the SPEED **V** and **Λ** buttons to adjust this age, and confirm your choice using the **■** button.



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Setting Target Heart Rate:

1. Now set the user Target Heart Rate. There will be a **P** in the top of the screen and a number flashing. This adjusts according to the age you entered previously. To change this value (it should be 85% of your maximum heart rate) use the SPEED **V** and **Λ** buttons and select your choice using the **■** button.

To calculate your target heart rate use the following rule:

- Deduct your age from 220 e.g. for a 35 year old person, their maximum heart rate (MHR) is $220 - 35 = 185$ beats per minute
- Decide the percentage of your MHR you want to work at e.g. 85%

As a guide:

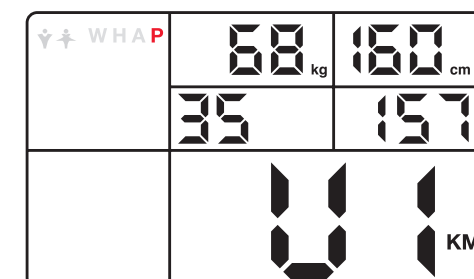
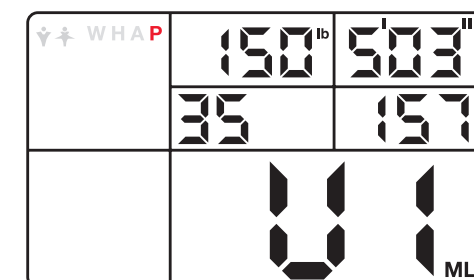
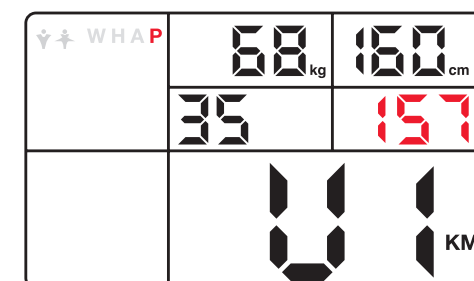
50-70% MHR = Health/Fat Burning

70-80% MHR = Fitness/Bodyshaping

80-90% MHR = High Intensity Performance

- Multiply your maximum heart rate by the percentage value e.g. $185 \times 0.85 = 157$ bpm

2. You can create up to 9 user profiles, in the same way as above. When the treadmill is switched on, the ID will automatically show the ID of the previous user.



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Preset Programmes

Your T4.2 Treadmill has 6 preset programmes:

Manual Programme

A programme where you control your workout constraints.

Interval Incline Programme

A programme, with 9 level options, where you can perform an interval based workout over various incline levels.

Interval Speed Programme

A programme, with 9 level options, where you can perform an interval based workout over various speed levels.

Weight Loss Programme

A programme, with 9 level options, giving you a workout at varied inclines and speeds.

5K/3 Mile Programme

A programme over either 3 miles or 5km.

Heart Rate Control

A programme where the treadmill automatically adjusts the incline and speed of your workout according to your heart rate.

Quick Start

To exercise without any preset programme:

Insert the safety key into the front of the console, and attach to the users waistband.

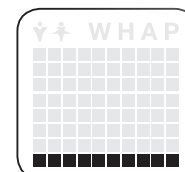
Turn the power on. Press  and the treadmill belt will begin to move.


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Manual Programme (P1)



1. Press. 
2. The console will display the following settings:
3. Press  to begin your workout. You can then adjust speed using the SPEED **V** and **Λ** buttons or incline using the INCLINE **V** and **Λ** buttons.

▼ ↑ WHAP	150 ^{lb}	5'03"
	35	157
	P1 ML	

▼ ↑ WHAP	150 ^{lb}	5'03"
	0 ^{LEVEL}	P
	2.0 S D KM ML	

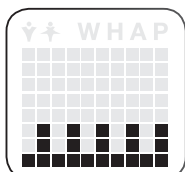
Computer





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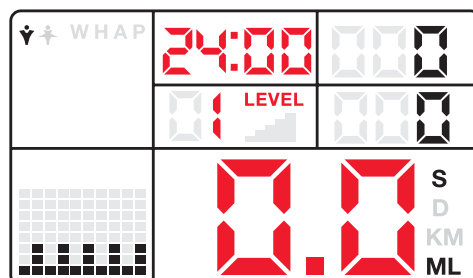
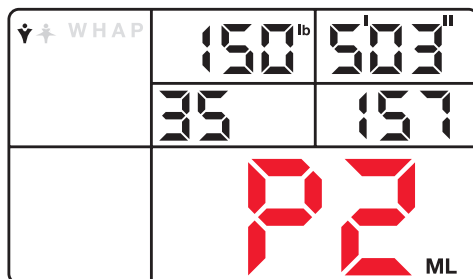
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Interval Incline Programme (P2)



1. Press .
2. The console will display the following settings:
3. Press  to begin your workout. You can then adjust speed using the **V** and **Λ** buttons or incline using the INCLINE **V** and **Λ** buttons.
4. With P1 displayed on the console, press .
5. The console will display the following settings (see right).
6. Now, the time will be flashing. The default is **24:00** minutes. Adjust this value using the SPEED **V** and **Λ** buttons and confirm using the  button.



Level	Min.Incline	Max. Incline
L1	0	4
L2	1	5
L3	2	6
L4	3	7
L5	4	8
L6	5	9
L7	6	10
L8	7	11
L9	8	12

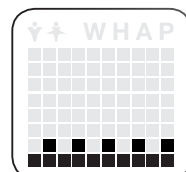
7. Press  to begin your workout. At the end of the program, the treadmill will automatically display "COOL" and start a 1 minute cool down.



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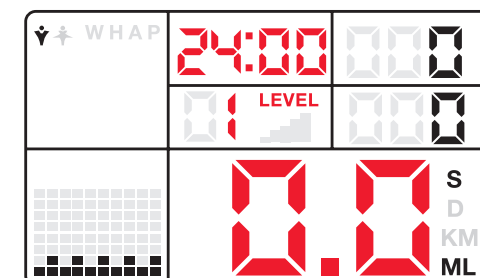
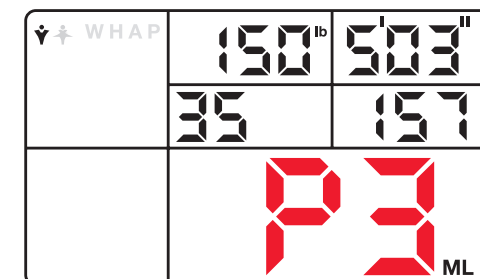
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Interval Speed Programme (P3)

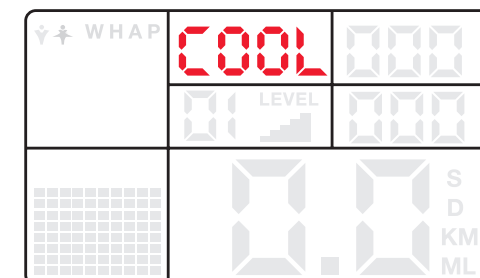


1. Press .
2. Set your workout level using SPEED **V** and **Λ** buttons to adjust from level 1 to 9. Press the  button to confirm your choice.

Level	Min.Speed	Max. Speed
L1	1.8	3.0
L2	2.0	3.4
L3	2.2	3.8
L4	2.4	4.2
L5	2.6	4.6
L6	2.8	5.0
L7	3.0	5.4
L8	3.2	5.8
L9	3.4	6.2



3. The console will display the following settings:
4. Press  to begin your workout. You can then adjust speed using the SPEED **V** and **Λ** buttons or incline using the INCLINE **V** and **Λ** buttons.
At the end of the programme, the treadmill will automatically display "COOL" and start a 1 minute cool down.



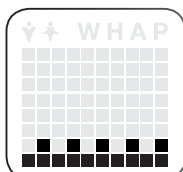
Computer



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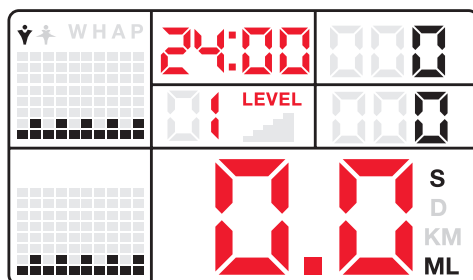
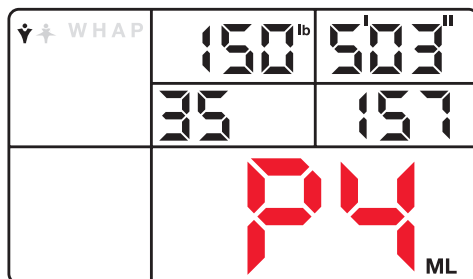
Weight Loss Programme (P4)



1. Press. 
2. Set your workout level using SPEED **V** and **Λ** buttons.
3. Confirm your level selection using the  button.

Level	Min. Speed	Max. Speed	Min. Incline Level	Max. Incline Level
L1	1.6	2.8	0	3
L2	1.8	3.0	0	4
L3	2.0	3.2	1	5
L4	2.2	3.4	1	6
L5	2.4	3.6	2	7
L6	2.6	3.8	2	8
L7	2.8	4.0	3	9
L8	3.0	4.2	3	10
L9	3.2	4.4	3	11

4. Select the duration of your workout (the default is **24.00** minutes) using the SPEED **V** and **Λ** buttons. Confirm your workout time using the  button.
5. Press  to begin your workout.
At the end of the programme, the treadmill will automatically display "COOL" and start a 1 minute cool down.

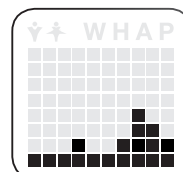




T4.2 Treadmill

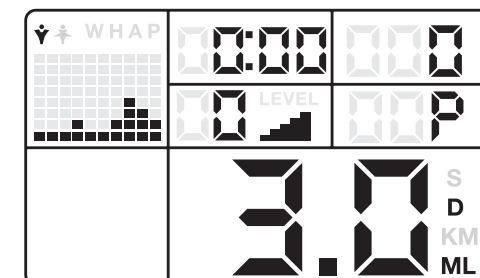
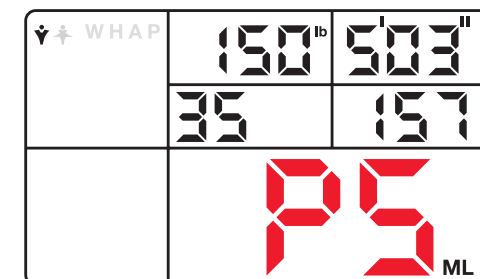
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5K/3 Mile Programme (P5)



1. Press. 
2. Press  to begin your workout, where the screen (right) will be displayed as shown.
At the end of the programme, the treadmill will automatically display "COOL" and start a 1 minute cool down.



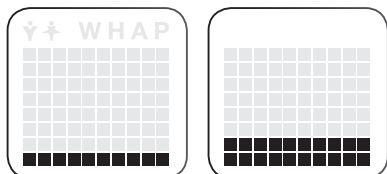
Computer

T4.2 Treadmill

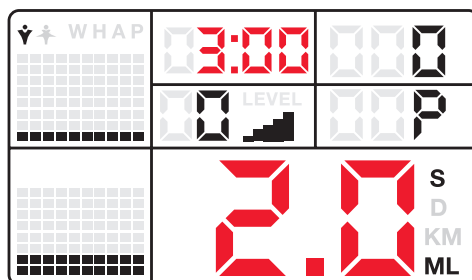
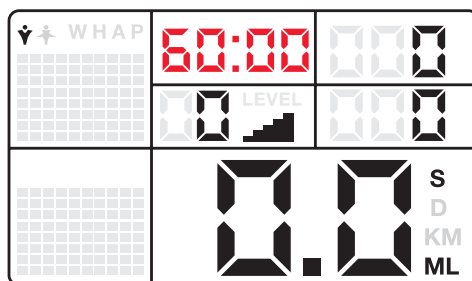
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Heart Rate Control Programme (P6)



1. Press.
2. You will see **60.00** minutes flashing, as the default time. You can adjust this using SPEED **V** and **A** buttons.
3. Press the **■** to confirm your choice.
4. The screen will now display **3.00** to indicate a 3 minute warm up program, at an initial speed of **2.0** mph. Press **>** to begin your warm up. Keep your hands on the pulse sensors at all times during this workout to monitor your pulse correctly.



T4.2 Treadmill

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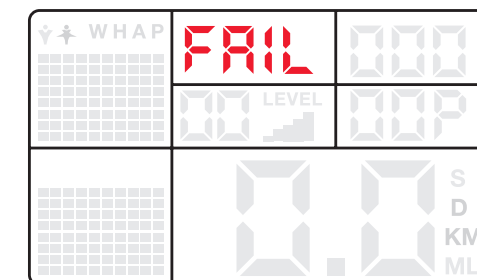
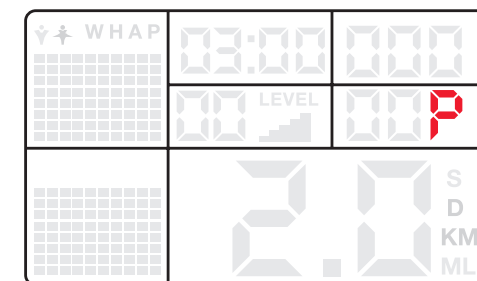
25

During the warm up the only buttons that will function are the **■** button to pause the workout or **>** to restart. The warm up will continue until your heart rate reaches your target heart rate zone, up to a maximum of 9 minutes. During this time the incline and speed will be adjusted at **30** second intervals to try and get you warmed up to your target heart rate.

If you see a **P** flashing in the pulse window, the treadmill is unable to detect your pulse. The computer checks your pulse every 30 seconds and without a reading is unable to alter the speed to ensure you continue working within your target heart rate zone.

If, after 9 minutes you have not reached your target heart rate **FAIL** will show on the screen, and you should review the level setting you selected.

Once the warm up is completed, and your heart rate is at your target level, you will begin the Heart Rate Control Programme. The treadmill will continue to monitor your pulse every 30 seconds. The treadmill will adjust the incline level of your workout to try and keep you working at your target heart rate (between 0 and 15%). If you are running at 15% incline on a given speed, and still not working at your desired heart rate then the speed will increase by 0.5mph or 0.8 km/h at 30 second intervals until you reach your target zone.



Maintenance

Reebok T4.2

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Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment as well as exceeding the warranty coverage.

1. Ensure the running belt lubrication is checked and carried out (when required). This is likely to be every 4 weeks of use, or 20 hours.
2. Check periodically (4 weeks) that the running belt is centered and has not moved to one side. In this instance stop the machine and carry out the belt adjustment (directions in the troubleshooting section).
3. To ensure all components of the machine (including the frame) are in a good condition please ensure any perspiration or dust is wiped clean on a regular basis. This can be done by using a soft, damp cloth. Please don't use detergents as this may affect the colouring or operation of the components.
4. To ensure correct operation the machine must be stored in a dry, indoor environment at all times.
5. Inspect and tighten all parts of the machine regularly. Any worn parts must be replaced immediately. Pay particular attention to nuts, bolts, screws and washers.



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The new Reebok Performance Series combines innovative design and ultimate functionality in a unique line of products.
Product shown: C58 LE Crosstrainer.

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T4.2 Treadmill

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Diagram 1

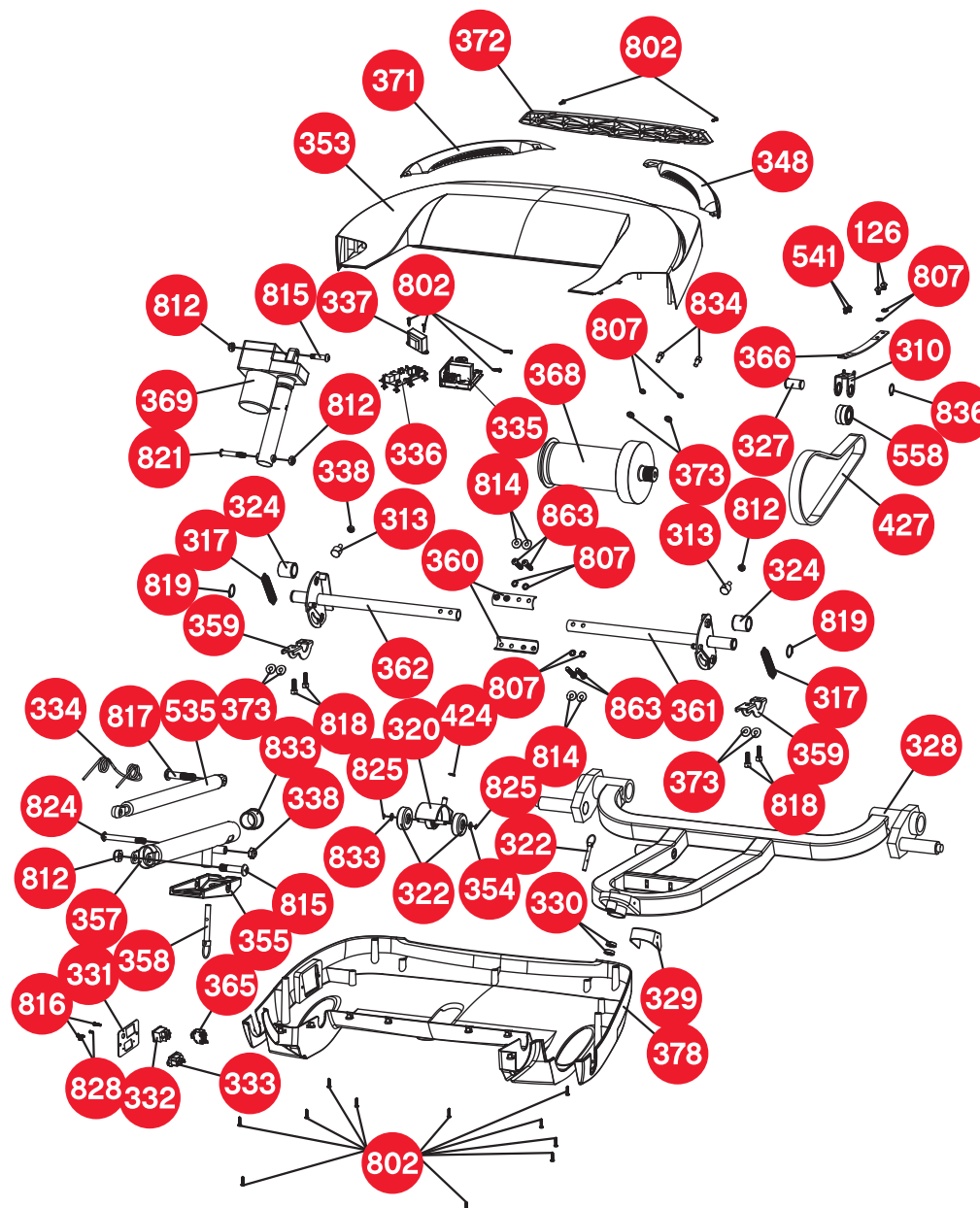
T42-353 Motor Hood x 1
 T42-378 Motor Cover – Lower x 1
 T42-372 Motor Cover Protect Cushion – Front x 1
 T42-371 Front Motor Hood Decorate Cover – Left x 1
 T42-348 Front motor hood decorate cover – Right x 1
 T42-369 Incline Motor x 1
 T42-308 DC Moto 3 x 1
 T42-367 Driving Belt x 1
 T42-366 230x20xT3.0 Tension Bearing Fix Plate x 1
 T42-310 48x41.5x44xT3.0 Tension Bearing Fix Plate Base x 1
 T42-558 6004 Bearing x 2
 T42-368 OD23x39 Axle x 1
 T42-313 Cushion x 2
 T42-362 Rear Elevation Support Tube – Left x 1
 T42-361 Rear Elevation Support Tube – Right x 1
 T42-324 OD34xL34 Plastic Bushing x 2
 T42-317 2.0mmx17mmx99.5mm Spring x 2
 T42-360 R128x100 T2.5 Rear Elevation Support Tube Fix Plate x 2
 T42-359 100.5x30x33 Rear Elevation Support Tube Fix Holder x 2
 T42-320 Rear Transport Wheel Holder x 1
 T42-322 ID8x50x18x20.5 Rear Transport Wheel x 2
 T42-358 8x57 Lock Pin x 2
 T42-357 Soft Drop Shock Holder x 1
 T42-325 Soft Drop Shock x 2
 T42-355 Soft Drop Locker x 1
 T42-354 22.15x28.2x22 Soft Drop Shock Holder Nylon Cover x 1
 T42-334 Spring x 1
 T42-328 Rear Transport Wheel Frame x 1
 T42-329 Rear Transport Wheel Cover x 1
 T42-330 6900Z Bearing x 2
 T42-331 Power Switch Board Plate x 1
 T42-332 Power Switch 16A x 1
 T42-333 Power Cord Plug x 1
 T42-365 Electronic Protector 10A x 1
 T42-335 Motor Control Board x 1
 T42-336 Connecting Plate x 1
 T42-337 Transformer x 1
 T42-802 M4x15 Screw x 62
 T42-126 M8x15 Allen Head Bolt x 10

T42-541 M6x2 Screw x 4
 T42-807 8x14x2 Spring Washer x 16
 T42-220 6x10x2 Spring Washer x 2
 T42-834 M8x14 Allen Bolt x 2
 T42-373 8x17x1.5 Washer x 4
 T42-338 M8 Nut x 10
 T42-814 8.5x20.5x2 Curve Washer x 4
 T42-863 M8x38 Bolt x 4
 T42-815 M10x38 Bolt x 2
 T42-823 M10x35 Bolt x 1
 T42-817 M10x45 Bolt x 2
 T42-818 M8x20 Bolt x 4
 T42-819 M25 Spring x 2
 T42-812 M10 Nut x 6
 T42-821 M10x67 Bolt x 1
 T42-824 M8x65 Bolt x 1
 T42-338 M8 Nut x 1
 T42-424 M10 Spring x 1
 T42-825 M8 Spring x 4
 T42-833 8.5x17x1 Washer x 2
 T42-827 M4.2x11 Screw x 2
 T42-828 M3x8 Screw x 2

T4.2 Treadmill

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Parts ID

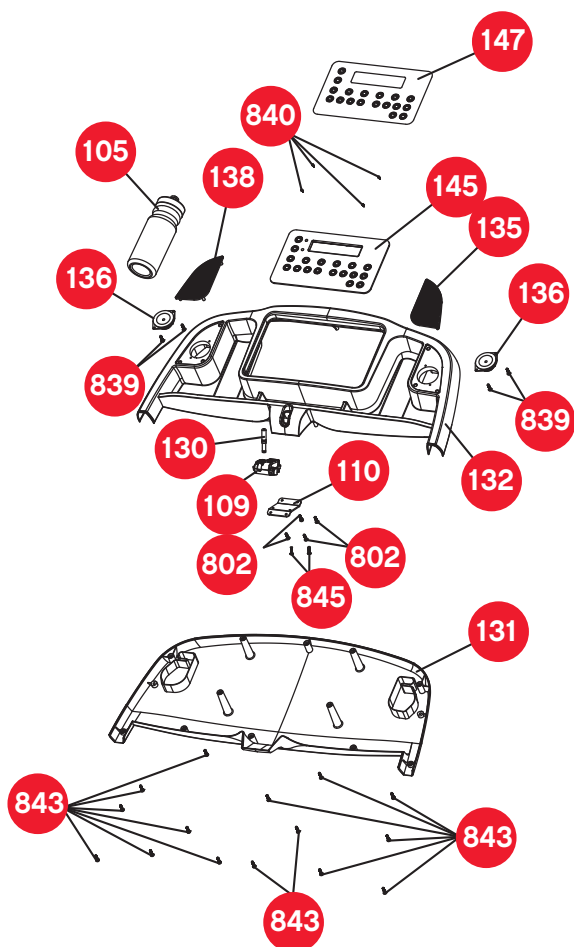
T4.2 Treadmill

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Diagram 2

T42-146	Overlay x 1	T42-130	Safety Key x 1
T42-102	Computer x 1	T42-109	Safety Key Base x 1
T42-133	Console Housing Decorate Cover – Left x 1	T42-111	73.94x52.45xT2.5 Safety Key Base Fix Plate x 1
T42-133	Console Housing Decorate Cover – Right x 1	T42-843	M4x19 Screw x 30
T42-132	Console Housing – Upper x 1	T42-802	M4x15 Screw x 62
T42-131	Console Housing – Lower x 1	T42-845	M4.2x15 Screw x 2



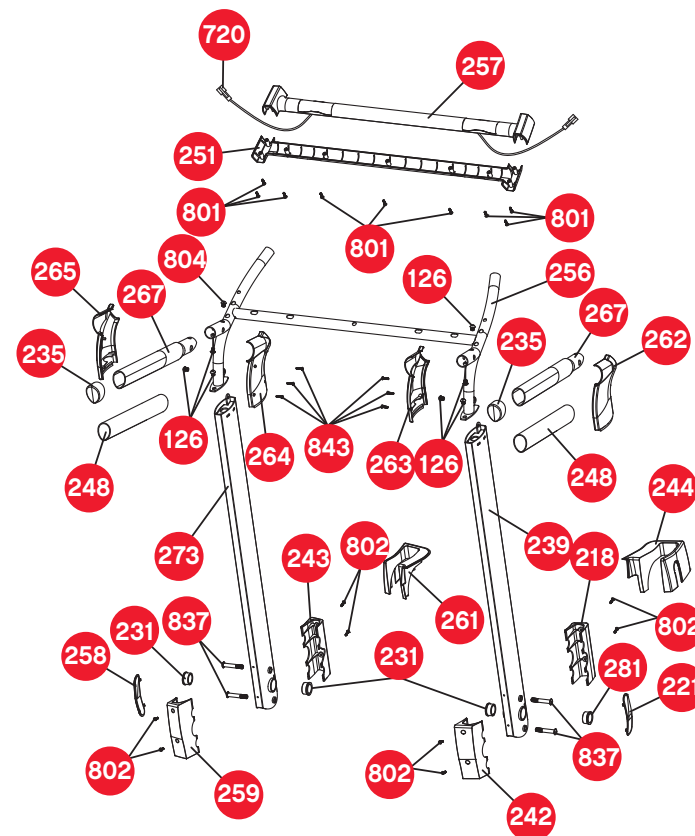
T4.2 Treadmill

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Diagram 3

T42-256	Console Support Frame x 1	T42-261	Left Side Motor Hood Decorate Cover x 1
T42-273	Upright – Left x 1	T42-244	Right Side Motor Hood Decorate Cover x 1
T42-239	Upright – Right x 1	T42-243	Left upright Lower Cover – Front x 1
T42-257	Hand Pulse Sensor Cover – Upper x 1	T42-259	Left upright Lower Cover – Rear x 1
T42-251	Hand Pulse Sensor Cover – Lower x 1	T42-218	Right Upright Lower Cover – Front x 1
T42-720	Hand Pulse Sensor Wire x 2	T42-242	Right Upright Lower Cover – Rear x 1
T42-269	Handlebar x 2	T42-258	Left Upright Fix Bolt Cover x 1
T42-248	ID45xL328xT3.0 Foam Grip x 2	T42-221	Right Upright Fix Bolt Cover x 1
T42-235	Handlebar End Cap x 2	T42-231	ID25xOD31xOD38x13 Sleeve x 4
T42-265	Left Handlebar Cover – Outside x 1	T42-843	M4x19 Screw x 30
T42-264	Left Handlebar Cover – Inside x 1	T42-802	M4x15 Screw x 62
T42-263	Right Handlebar Cover – Outside x 1	T42-126	M8x15 Allen Head Bolt x 10
T42-262	Right Handlebar Cover – Inside x 1	T42-837	M10x67 Bolt x 4



Parts ID

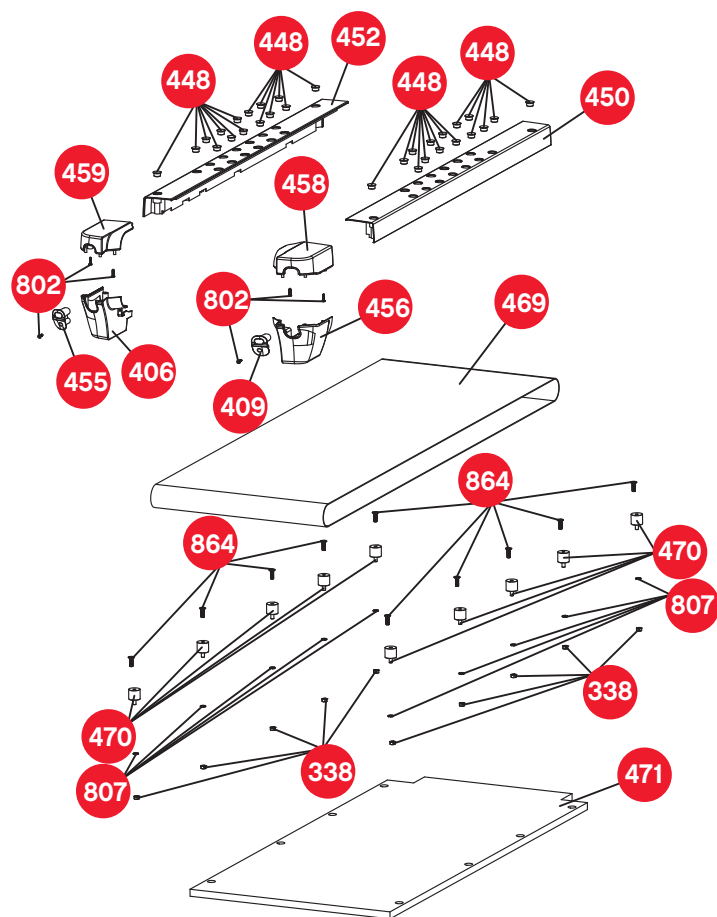
T4.2 Treadmill

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Diagram 4

T42-447	Left Side Rail 995mm (TR410) x 1	T42-409	Right Rear End Cap Decorate Cover x 1
T42-445	Right Side Rail – 995mm x 1	T42-469	T16xW500xL2770 Running Belt x 1
T42-448	Non Slip Cushion x 30	T42-470	M8x16-30x26 Protector x 8
T42-459	Left Rear End Cap – Upper x 1	T42-471	Running Deck x 1
T42-458	Right Rear End Cap – Upper x 1	T42-802	M4x15 Screw x 62
T42-406	Left Rear End Cap – lower x 1	T42-807	8x14x2 Spring Washer x 16
T42-456	Right Rear End Cap – lower x 1	T42-338	M8 Nut x 10
T42-455	Left Rear End Cap Decorate Cover x 1	T42-864	M8x25 Screw x 8



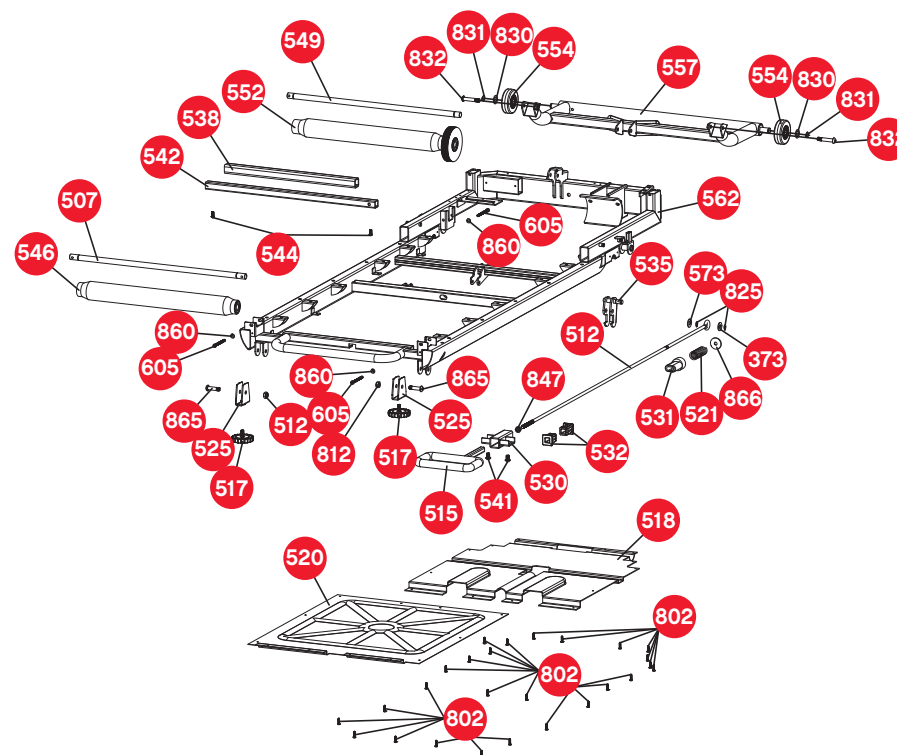
T4.2 Treadmill

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Diagram 5

T42-561	Main Frame x 1	T42-518	Main Frame Bottom Cover – Lower x 1
T42-557	Front Transport Wheel Frame x 1	T42-520	Main Frame Bottom Cover – Upper x 1
T42-554	OD76x25 – ID15 Transport Wheel x 2	T42-521	2.5mmx17.5mm Spring x 1
T42-552	OD58x553mm Front Roller x 1	T42-802	M4x15 Screw x 62
T42-549	15X595mm Front Roller Shaft x 1	T42-541	M6x12 Screw x 4
T42-546	OD58x469mm Rear roller x 1	T42-373	8x17x1.5 Washer x 4
T42-507	14.96x604.8 Rear Roller Shaft x 1	T42-812	M10 Nut x 6
T42-542	Main Frame Cross Bar x 1	T42-830	16x26x2 Washer x 2
T42-538	15XL400XT3.0 EVA Tube x 1	T42-831	M15 Spring x 2
T42-535	Folding mechanic Locate Holder x 1	T42-832	M10x53 Allen bolt x 2
T42-512	6x806.19 – M6x50 Pole x 1	T42-544	M6x10 Screw x 2
T42-532	11x18x24 Bushing x 2	T42-605	M6x70 Allen bolt x 3
T42-531	Folding Tie Rod Bushing x 1	T42-860	6.5x12.6x1.25 Washer x 3
T42-514	Folding Tie Rod Fix Holder x 1	T42-865	M10x40-Screw x 2
T42-515	Folding Tie Rod Handle x 1	T42-866	6.4x24x2 Washer x 1
T42-525	Rear Adjustment Cushion Holder 2	T42-847	M6 Nut x 1
T42-517	Rear Adjustment Cushion x 2		





Troubleshooting

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T4.2 Treadmill

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Q How do I lubricate my treadmill deck?

A At the back of the running deck / machine (opposite end to the computer) on each side there are two Allen head bolts. Turn these bolts anticlockwise five full turns to release the belt tension. Lift the edge of the treadmill running belt approximately 30 to 40cm from the front roller. Apply 10ml of silicone oil under the running belt, from front to back and across the width of the running deck. Tighten the bolts five turns, clockwise, to add tension to the belt.

WARNING!

Do not over lubricate the running belt, as this will cause the running belt to slip. After application power your treadmill up to 6mph or 10 Km/h for 5 to 10 minutes. Wipe any excess oil away. If necessary, repeat for a further 10 minutes.

Q How often should I lubricate my treadmill deck?

A The running belt has been adjusted properly by the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off centre resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to its correct position, use the tension bolts at the back of the deck in the following way:

1. If your belt tends to move to the right, rotate the right tension bolt clockwise. We recommend adjustments of 1 circle at a time, and follow with a test. If your belt continues to move to the right, simply adjust the left belt tension bolt by turning it 1 circle counter-clockwise, follow with a test.
2. If your belt tends to move to the left, rotate the left tension bolt clockwise 1 circle at a time, and follow with a test. If the belt continues to move to the left, simply adjust the right tension bolt counterclockwise.
3. If your belt appears to be loose, simply tighten both bolts evenly 1 circle.
4. If it appears tight, simply loosen both bolts evenly 1 circle.

WARNING!

Run your Treadmill for 5 – 10 minutes after adjusting the belt

Q What is the safety key for and where does it go?

A Switch the power on and insert the safety key. Press the INCLINE DOWN button and STOP button together for 3 seconds. The computer will show MI or KM. Use the SPEED UP / DOWN button to change between the two options. Press ENTER to confirm your selection. There will be a long beep and "SAVE" will be displayed before returning to the start up screen.

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T4.2 Treadmill

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Q I have just ordered my treadmill and there are some parts missing can you help?

A Yes, if you are missing parts from your new machine these can be ordered on our helpline 0800 440 2459. When you call we will require your full address, the part numbers (you require) from the user manual that and your machine serial number.

Q How long is my warranty on my treadmill?

A All Reebok treadmills come with a manufacturers warranty this varies on each machine, this should be printed in your manual, if you have any questions regarding your warranty please don't hesitate to contact our helpline 0800 440 2459.

Q My treadmill is out of the warranty can you still help me?

A Yes we can still help, we have a large network of engineers that cover 98% of the British Isles and can provide replacement parts. For a quote on parts or engineer call out please contact our helpline on 0800 440 2459.

Q Can I keep my equipment in my garage?

A We advise to keep the equipment indoors, away from moisture and dust. Do not store the product outside, or in damp or dusty environments.

Q Is there a maximum user weight for my treadmill?

A There is a maximum user weight with all our treadmills this varies on each machine, this should be printed in your manual, if you have any questions regarding the user weight, please don't hesitate to contact our helpline 0800 440 2459.

Q Why is there a black dust starting to appear under my treadmill?

A Occasionally a black dust can start to appear under your treadmill this is due to normal wear and tear. You can remove the dust easily with a vacuum cleaner. If you want to keep the dust away from the floor we would recommend for you to place your treadmill on a protective mat.



Limited Warranty

T4.2 Treadmill

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RFE International Ltd warrants products to be free from defective workmanship and materials, under normal use and service conditions, for the period of 2 years from the date of purchase. Details of these service conditions can be found within the product's user manual.

In order to validate warranty dates, a proof of purchase is required. This warranty only extends to the original purchaser and will only be covered in the country the machine was purchased.

RFE's obligation under this warranty is limited to replacing or repairing, at RFE's discretion, the product through one of its authorised service centres. All repairs for which warranty claims are made must be pre-authorized by RFE.

This warranty does not extend to any defect caused by abuse, misuse, additions, modifications or repairs not provided by an RFE authorised service centre.

Products used for commercial or rental purposes and/or used as store display models are not covered by this warranty. This product is designed for home use.

No other warranty beyond that specifically set forth above is authorised by RFE.

RFE is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

We advise that your product is kept in a room with a constant environment; preventing your product from being exposed to extremes in temperature, heat, humidity and moisture. Guidance on the correct storage of equipment is contained within the product's user manual.

PLEASE RETAIN YOUR RECEIPT AS PROOF OF PURCHASE.

Your statutory rights remain unaffected.

Reecycle

Reebok products are recyclable. At the end of its useful life please dispose of this Reebok product correctly and safely at a local refuse site.



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Performance range

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C5.8e LE Crosstrainer



B5.8 LE Bike



CV Mat

For more information visit
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